



Department of Sports Science and Yoga  
Ramakrishna Mission Vivekananda Educational and Research Institute  
(Deemed to be-University declared by Govt. of India under Section 3 of UGC Act, 1956)  
Belur Math, Howrah 711202, West Bengal

Online Webinar on  
**Mental Health and Psychology of  
Sports Performance**

Last date  
18 October,  
2024

20 October, 2024 (2:00pm to 4:30pm)  
&  
21 October, 2024 (11:00am to 2:30pm)

Registration  
fee- ₹100/-

**SPEAKERS**



**Dr. Ashutosh Acharya**

Assistant Professor  
Sports Psychology  
SAI, LNCPE, Trivandrum



**Dr. Rajarshi Kar**

Assistant Professor  
SIPEW, Hastings House,  
Kolkata



**Dr. Anshuman Mishra**

I/C Principal  
Govt. College of Physical  
Education, Sambalpur



**Ms. Laxmi Mishra**

HPA, Sports Psychology  
NSSC Bengaluru

**Schedule of the Webinar**

**Day 1: 20 October, 2024**

- **2:00pm-2:15pm**- Introduction and Welcome Address
- **2:15pm-3:15pm**- Psychological Preparation for Competition: Routines for Success: **Dr. Anshuman Mishra**
- **3:30pm-4:30pm**- Anxiety and Performance: Management Strategies: **Dr. Rajarshi Kar**

**Day 2: 21 October, 2024**

- **11:00am-12:00pm**- Emotion Regulation and Sport Performance: **Dr. Ashutosh Acharya**
- **12:15pm-1:15pm**- Addressing Psychological Struggles in Athletes: **Ms. Laxmi Mishra**
- **1:30pm-2:00pm** Closing Address and Vote of Thanks
- **2:00pm-2:30pm**- MCQ Assessment based on

**Important Instruction:**

1. **Who can Attend?** Coaches, Fitness Trainers, Teachers, Sport Scientists, Research Scholars, Students.
2. At the end of the webinar an online quiz of 40 marks will be conducted through Google forms.
3. e-certificate will be issued & sent to email address of participants scoring at least 50%

For registration visit: <https://sy.rkmvu.ac.in/>

Last date of registration: **18 October 2024**

**Contact for more information:**

**Dr. Vijendra Kumar Grover**, +91-8839303486, [vijendra.grover.ssy@gm.rkmvu.ac.in](mailto:vijendra.grover.ssy@gm.rkmvu.ac.in)

**Dr. Manohar Kumar Pahan**, +91-6200665093, [manohar.pahan.ssy@gm.rkmvu.ac.in](mailto:manohar.pahan.ssy@gm.rkmvu.ac.in)